



Mitten Minds Support Group

A Michigan Alzheimer's Disease Center program for persons with memory loss.

The Mitten Minds Support Group is a monthly support group for *individuals with mild cognitive impairment or early-stage dementia*. The support group provides a space for individuals living with memory loss to meet and learn from others going through similar experiences.

The Mitten Minds Support Group is currently offered *virtually*. The program is a part of the Michigan Alzheimer's Disease Center Wellness Initiative and is led by Ashley Miller, MPH. Newcomers are welcome at any time.

To register

Registration is required. If this is your first time attending, please contact acmil@med.umich.edu before attending.

If you have attended before, please register online at alzheimers.med.umich.edu/mitten-minds-support-group

“It really just makes you feel like you're definitely not alone in all this.”

– Previous participant

2021

Virtually on Zoom
Monthly
Third Tuesday
of each month
3:00 - 4:00pm